

# TO GAIN WEIGHT.

Pale, Thin People Usually are Diseased.

The First Step Necessary to Gain Flesh is Health, then Proper Food for both Body and Nerves.

An Old Soldier's Clear, Straightforward Statement.

From the World-Herald, Omaha, Neb.

Florence, the cozy little suburb to the north of Omaha is agog with excitement. The older generation, of which the population of Florence is mostly composed, are apparently getting young again, and vie with the younger generation in feats of strength and agility.

A World-Herald reporter was attracted by the evidence of renewed activity of some of the older inhabitants of the village and enquired the cause. Mr. Andrew Pinken, who was a member of Company B of the First Iowa Volunteers during the war, made the following explanation of his strong, healthy appearance, when for years he had been crippled or compelled to lie on a sick bed with a complication of disorders resulting from the hardships which he was compelled to endure. He said:

"In July, 1865, while my company was on the march through to Austin, Texas, my leg troubled me considerably. But I thought that it was nothing but a recurrence of the effects of a strain I had received during the war by my horse falling on me, but the pain soon increased to such a degree that I was compelled to ask for medical treatment. The surgeon pronounced the cause rheumatism, and that of the worst order. At Alexander, Louisiana, I was in such a weakened condition, though I continued to march with my company, that the excessive heat overcame me and I was sunstruck, remaining unconscious several hours. As a result of the sunstroke, I was unable and have been since been unable to remain in the glare of the sun, even on a moderately cool day, and every summer I have been overcome by the heat so that I would be compelled to give up my work. The feeling that I experienced was a sort of bearing down on my head, as though a heavy body was resting there and at times it would come quickly, like a blow and I would unconsciously stoop as though involuntarily avoiding an obstacle presenting itself to my head. This bearing down gradually grew into a steady pain which increased until it seemed as though my head would burst."

"There was also a constant ringing in my ears rendering it very difficult for me to hear. Coupled with this, palpitation of the heart caused every day to be a torment. I grew so that the slightest shock to my nerves from a slight noise or other disturbance would set my heart to thumping against my chest and I would tremble from head to foot as though I had been struck by a lightning bolt. From slight circumstances the palpitation was so great that I fainted and remained unconscious for from seven to ten hours, at which times my relatives despaired of my life. In addition to this the rheumatism, which had been felt only in my ankle, began to work up my right leg until the whole right leg of my body was affected by it, so much indeed, that my head was drawn down to my right shoulder. I was totally unfit for work, lost my strength and flesh. I tried every physician who reported to me to have a special knowledge of my case, but after long trials, I only experienced temporary relief from the pain. I was confined to my bed during the greater part of the cold weather of each year."

"For twenty-eight years I have consulted physicians and taken their prescriptions without deriving any material benefit. My ailments increased in intensity until I was assured that there was no hope for me. During last year I went into the butcher business, but the heaviness from the ice used increased my rheumatic pains to such an extent that I was not only compelled to quit the business, but was confined to my house and bed for nearly six months."

"I had given up all faith of being a well man again, when in November last I read in the World-Herald a case of a man who had been entirely cured from the ailments from which I was suffering, by the use of Dr. Williams' Pink Pills for Pale People. Though the name did not at first strike my fancy, on November 25, I purchased a box. In a week I was astonished to know that I felt better than I had for six months past, and before I had used half a box I was sure that I had found a cure for my ailments. The ringing in my ears began to lessen in volume and finally left me. That was the first effect I experienced aside from an increased appetite. The pain from the rheumatism gradually left me, so that within one week from the time I took my first pill I was able to sit up in bed. On January 1st, I was able to go out and walk around a little. The palpitations of my heart entirely ceased. On February 9, I was so thoroughly cured, that I accepted a position as night watchman in the Forest Lawn Cemetery, remaining on duty from 6 P. M. until 6 A. M. I have gained in weight from 144 pounds which I weighed in November last, to 172 pounds which I weigh now."

"The rheumatism has entirely left me, except when I have too much walking to do during the night, my right ankle pains me a little, but only when I do too much walking. I now feel like a well man and am good for forty years yet. I am fifty years old and have resided in Florence nine years, having come to Omaha in 1881. I have recommended the pills to nine people in this village all of whom are taking them and experiencing the same beneficial effects which I have received. I used nine boxes of the pills."

Mr. R. W. Cowan, keeper of a general store at Florence was also seen by the reporter. Mr. Cowan is also an old soldier, having been a member of the 14th Infantry, Company C, and the latter of Company M of the First Minnesota Cavalry. Mr. Cowan stated that he contracted chronic diarrhoea while he was in the army and has never until within the past few months, received any relief. He stated that he had taken two boxes of the wonderful Pink Pills and was now almost thoroughly cured, so much so in fact that he has discontinued their use. He was also paralyzed in the left side of his face, the mouth being drawn up at the left corner, and he was entirely unable to move the muscles of his forehead or to close his left eye. He stated that he believed it is owing to the use of the Pink Pills that he has recovered the use of his left eye-lid, while he was taking the pills, and has been fastened down by a physician so that the sight would not be destroyed from the eye filling with dust, and ascribes the recovery to the Pink Pills. He has gained fifteen pounds in weight since last October, and feels healthier and stronger than at any time since the war. He intends to recommence using the pills with the expectation of a complete recovery from the paralysis."

Dr. Williams' Pink Pills for Pale People are considered an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, sciatica, neuralgia, rheumatism, nervous headache, the after effects of la grippe, palpitation of the heart, pale and sallow complexion, that tired feeling resulting from nervous prostration; all diseases resulting from vitiated humors in the blood, such as scrofula, chronic erysipelas, etc. They are also a specific for troubles peculiar to women, such as suppressions, irregularities, and all forms of weakness. In men they effect a radical cure in all cases arising from mental worry, overwork, or excess of whatever nature. Dr. Williams' Pink Pills are sold by all dealers, or will be sent post-paid on receipt of price, 50 cents a box or six boxes for \$2.50 (they are never sold in bulk or by the 100), by addressing Dr. Williams' Medicine Co., Schenectady, N. Y.

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Dealer in groceries, paints, oils, window glass, varnishes, and the most complete stock of brushes of all kinds in the state. Artists' materials, lime, hair, cement and shingles, and finest quality of grass seeds.

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FOR PICTURES AND FRAMES.—Go to A. D. Smiths where you can find everything in the artists line, canvas mounted and picture mats made to order. Give him a call for he knows just what you want with prices to suit the times. 116 opera house.

WE DON'T WANT boys or loafers, but men of ability. \$300 to \$500 a month to hustlers. State and general agents. Sala. y. and com. mission. Racine Fire Engine Co., Racine Wis. 4 23 41 st.

WANTED.—A man or woman in every county to sell the best paying books on the market. \$3 to \$4 made every day; address box 449, Oregon City, Or.

HUIE WING SANG CO.—Japanese fancy goods, matting, dressing gowns, silk goods, ornaments, imported teas, baskets, chinaware, screens, etc., at lowest prices. Ladies' underwear made to order in the store. 112 Court st. 4 2 10

FOR SALE.—Eight milch cows and two 2-year olds. Inquire of M. J. Egan, Gervais, Or. 2 24 11

CARPET PAPER.—Large lot of heavy brown wrapping paper for sale cheap. Just the thing for putting under carpets. Call at Journal office.

PUBLIC MEN, POLITICIANS AND BUSINESS houses can obtain all newspaper information from the press of the state, county and country from the Press Clipping Bureau, Allen's Union Block, Portland. 12-201

O. NEWS STAND.—Local Subscription Agency for all newspapers and magazines. Fine stock of cigars and confectionery. F. W. Miller, Prop. 1 14 11

PAPERS.—Portland, Sacramento, Seattle, Tacoma and San Francisco papers on sale at Miller's Postoffice block.

FOR SALE.—One house and two lots, situated in Wheatland, Yamhill county. All in good fruit. For sale at a bargain. The property is that known as the Wheatland tract. Price \$150. Address, A. care Journal. 4 2 11

FOR SALE OR RENT.—One house and barn and 25 acres of land, in good cultivation. Situated one half mile south of Odd Fellows Cemetery. J. Hart. 216

WANTED.—By house twenty years' standing, lady or gentleman, willing to learn our business, then to travel, or to do office work. Salary \$800.00. Enclose self-addressed stamped envelope to A. T. Elder, manager, care Daily Journal 5-2-61

When Baby was sick, we gave her Castoria.

When she was a Child, she cried for Castoria.

When she became Miss, she clung to Castoria.

When she had Children, she gave them Castoria.

## GRAND REPUBLICAN



## RALLY!

First of the Season at Reed's Opera House, Salem, Tuesday, May 5.

Thomas H. Tongue.

Republican candidate for congress in this district, will be the speaker of the evening. There will also be bands of music. Let Salem give the next congressman a royal welcome. Everybody invited.

## "OLD WILLAMETTE."

Another Interesting Weekly Letter.

## GOOD ATHLETIC NEWS.

State Field Day for Salem—Notes and Personal.

Miss Gertrude Hibbard, of Portland, Miss Lillian Crawford, of Albany, and Miss Mabel Creighton visited chapel Friday morning.

Roy Ohmart was absent from school since Tuesday on account of trouble with his eyes. We hope the ailment may not prove serious.

The Pacific College at Newberg holds its local field day today. McMinville wheelmen will participate in the bicycle events.

Mrs. Helen Harford, state organizer for the W. C. T. U., was a chapel visitor Tuesday morning and, upon invitation, gave a short address to the students.

Miss Esther Collins was unable to be present at recitations this week on account of temporary trouble with her eyes. It is said, too much winking is not advisable.

The essay on the origin and progress of the Olympic games, which was read in chapel Wednesday morning by Miss Josie Balsey, was greatly appreciated, especially by our athletes.

At the regular meeting of the Philodorian society Friday afternoon the officers elected at the previous meeting to serve for the ensuing term were installed. An excellent program was also given.

One of the Latin students was testing his vocabulary a few days since and this is what he produced on the blackboard: "Swaffordus amat Deam." It is not thought any further remarks are necessary.

The young lady delegates to the state Y. W. C. A. convention at Portland returned Monday and Tuesday of this week and report a fine time as well as an interesting and profitable gathering of Christian young women.

The Y. W. and Y. M. C. A. meeting Sunday afternoon will be devoted to the reading of reports by delegates who attended the state Y. W. C. A. convention at Portland a week since. A very enjoyable meeting is anticipated.

The Oregon Agricultural College at Corvallis held their local field day today. The State University at Eugene follows with its local field day Saturday, May 9. Willamette's field day will be held three weeks from today, the 23 inst.

Chapel exercises this week were: Monday, recitation Miss Carter; Tuesday, recitation, Miss Cora Litchfield; Wednesday, essay, Josie Balsey; Thursday, recitation, Miss Rebecca Baldaree; Friday, essay, Miss Mattie Beatty.

Twenty years ago the University of Oregon opened its doors to students, and now on its twentieth anniversary year it will graduate the largest class

## That

Extremely tired feeling afflicts nearly everybody at this season. The hustlers cease to push, the tireless grow weary, the energetic become enervated. You know just what we mean. Some men and women endeavor temporarily to overcome that

## Tired

Feeling by great force of will. But this is unsafe, as it pulls powerfully upon the nervous system, which will not long stand such strain. Too many people "work on their nerves," and the result is seen in unfortunate wrecks marked "nervous prostration," in every direction. That tired

## Feel-

ing is a positive proof of thin, weak, impure blood; for, if the blood is rich, red, vitalized and vigorous, it imparts life and energy to every nerve, organ and tissue of the body. The necessity of taking Hood's Sarsaparilla for that tired feeling is, therefore, apparent to every one, and the good it will do you is equally beyond question. Remember that

## Hood's Sarsaparilla

Is the One True Blood Purifier. All druggists. \$1. Prepared only by C. I. Hood & Co., Lowell, Mass.

are easy to take, easy to operate. 25 cents.

that will have ever gone from that institution, and there are just twenty in the class. The next largest class was that of 1880 having nineteen members.—Eugene Guard.

We had a number of chapel visitors this week among whom were noticed: Mrs. R. M. Robb, Mrs. Paul Sroat, Mrs. John Savage, Misses, Charlotte Bennett, Elizabeth Holverson, and Rosalie Friendly, of Eugene; Rev. G. W. Grannis, and Messrs. George Bradshaw, M. H. Savage, Wm. Babcock, and Frank Wire, of Eugene.

The young ladies' athletic association will give an exhibition next Saturday evening May 9 in the gymnasium. A class of twelve young ladies has been preparing for the event for several weeks and a season of genuine enjoyment is no doubt in store for all who may attend. A special invitation is extended to students and friends of the University to be present at the exhibition.

A. N. Moores, an old alumnus of Willamette university in order to revive some personal reminiscences of his school days, has offered a prize of \$5 to be given the student who proves himself to be the best speller to be decided by an old fashioned spelling match which will be given sometime during commencement week. The contest will prove an interesting part of the exercises to take place during commencement.

Dr. Gregory de Kannel, the eminent Russian Journalist, traveler and lecturer, was a chapel visitor Monday morning and made a few interesting remarks. While the United States had been insulted by almost every nation, Russia had always been a friend of America, and the speaker assured his hearers that she would ever remain the same. The lecturer gave a very interesting account of the educational system of Russia. His remarks were very warmly received.

An entertainment will be given in the near future by the Y. M. C. A. to provide funds to send a delegate to the summer school for college Y. M. C. A. men to be held at Casadero, Cal., during vacation. It is hoped any effort by the association, at entertainment will receive a generous patronage from Salem people. "Old Willamette" possesses the necessary material from which to arrange a most excellent musical and literary entertainment as has been demonstrated in the past.

Your correspondent regrets very much that a few of the students who were particularly interested in the personals last week, became offended and threatened to "throw the press and the correspondent both into the river." The innocent jokes that are incorporated in the week's news, are not intended to cause any ill feeling but rather to keep up the interest in this column which is largely read by the students of the University. I assure you, however, that in the future, the names of those persons who are so easily offended, will be made conspicuous by their absence from this column.

Friday evening the new officers of the Philodorian society for the ensuing term were initiated as follows: President, W. P. Matthews; vice-president, G. H. Tucker; secretary, R. W. Williams; assistant secretary, Rex Davis; treasurer, E. T. Stafford; censor, I. H. Van Winkle; librarian, J. W. Cochran; sergeant at arms, I. P. Callison. The usual program was carried out followed by a debate, the subject of which was "Resolved that the United States should recognize the belligerency of Cuba." The debate was decided in favor of the negative, which was supported by J. G. Callison, J. W. Cochran and G. H. Tucker. Those speaking on the affirmative were C. K. Brandenburg, Rex Davis and H. A. Sharp.

Active training has begun for our local field day, to be held May 23, at which time our boys will compete with the Y. M. C. A. for athletic honors. The very unpleasant weather of the past two weeks has obliged the boys to do their training almost entirely in the gymnasium. All the boys have entered heartily into the work, and it is expected every event on field day will find at least one entry from old Willamette. Chester Murphy, as manager of the athletic team, is very popular with the boys, and is working hard. A more extended notice of our athletes may appear amongst our news next week. Director F. E. Brown, of the gymnasium, is also spending a great deal of time with the boys. His suggestions are greatly appreciated and are proving beneficial in their training. The director is preparing several rules, which he will submit to the athletes when completed. We hope to publish them in the near future.

The State Inter-Collegiate Field association convened in Albany at 3 o'clock Friday afternoon, for the transaction of important business. It was decided to hold the state field day at Salem instead of Portland. After making several amendments to the by-laws and constitution, besides appointing the necessary committees.

Children Cry for Pitcher's Castoria.

the association adjourned. Securing this grand event for Salem is certainly fortunate for the Capital city, as it will occasion a visit to the city of churches and legislative halls by hundreds of enthusiastic college students. As in the past, Salem will leave nothing undone for the entertainment and enjoyment of the visiting students while in the city. Salem is a more central point for holding the inter-collegiate field-day, and by holding the event in Salem enables a great many to attend that would otherwise be unable to do so. One of the provisions in favor of Salem in the revision of the constitution is that hereafter the annual field day shall be held in Salem instead of Portland and on the first Saturday in June. Messrs. F. E. Brown and I. H. Van Winkle were delegates from Willamette university. Mr. Brown returned today but Mr. Van Winkle will enjoy a visit over Sunday with Albany friends returning to Salem Monday.

## UNCLE BILLY BARLOW GETS AN IDEA.

BARLOW, May 1, 1896. EDITOR CAPITAL JOURNAL.—I was just reading over the state Republican platform and I thought what a narrow escape they made in not including the free and unlimited coinage of gold and silver at the old ratio of 16 to 1. What! Make this country the dumping ground for all the gold and silver of this world. It would snow us under, smother us up; we would have no place to rest the soles of our feet without standing on the horrible metal—16 to 1.

Well, as I have got this far, a second thought struck me and it flashed over my mind. It may be I am oversteering the thing. A still voice said. You are a pretty good figure scholar. Take up your pencil and see how it will work out. You may not be as badly hurt as you think you are, so I picked up my pencil and went to work and soon found that I was worse scared than hurt. I found there was only about four billion of gold available for coinage on the whole globe and about the same amount of silver.

Now, the population of North America is over 80,000,000. I put down 80,000,000,000 and divided it by 80,000,000, and I found I had only \$100 to my share. Just then my wife came in and I said: "Mrs. B., how much money do you think you would have if I divided the money of the world was equally divided?"

"Why, I would not know what to do with it all."

"Oh, yes you would; you have more than your share now."

"I have not over \$100."

So we made up our minds we could stand our share of the dump.

I just mention this to see how the women would stand it. I think very few of them would run to get out of the way, unless it was coming from a high elevation, and they were standing right under their share. Now, I will challenge any subsidized gold organ in the United States to show to any man a silver dollar is worth only 50 cents. I will expose, at another time, this 50-cent dollar, and show why it is a 50-cent dollar. BILLY BARLOW.

The little 2 year old son of Mr. Ford, a trainman on the Sumpter Valley railroad, walked on the track, as the engine and two cars came along. He was unobserved and the train passed over him. His skull was badly fractured, and the child will probably die.

## Almost ? Distracted ?



DID YOU EVER suffer from real nervousness? When every nerve seemed to quiver with a peculiar, creepy feeling, first in one place, and then another and all seemed finally to concentrate in a writhing jumble in the brain, and you became irritable, fretful and peevish; to be followed by an impatient, weakened condition of the nerve centers, ringing in the ears, and sleepless, miserable nights?

Mrs. Eugene Searies, 119 Belmont St., Elkhart, Ind., says: "Nervous troubles had made me nearly insane and physicians were unable to help me. My memory was almost gone and every little thing worried me until I was almost distracted. I really feared I was becoming a maniac. I imagined all sorts of evil things and would cry over nothing. I commenced taking Dr. Miles' Restorative Nervine and four bottles of this wonderful remedy completely cured me, and I am as well now as I ever was." Dr. Miles' Nervine is sold on guarantee. Last bottle will benefit or money refunded.

# CASTORIA

for Infants and Children.

THIRTY years' observation of Castoria with the patronage of millions of persons, permit us to speak of it without guessing. It is unquestionably the best remedy for Infants and Children the world has ever known. It is harmless. Children like it. It gives them health. It will save their lives. In it Mothers have something which is absolutely safe and practically perfect as a child's medicine.

Castoria destroys Worms.  
Castoria allays Feverishness.  
Castoria prevents vomiting Sour Curd.  
Castoria cures Diarrhoea and Wind Colic.  
Castoria relieves Teething Troubles.  
Castoria cures Constipation and Flatulency.

Castoria neutralizes the effects of carbonic acid gas or poisonous air.  
Castoria does not contain morphine, opium, or other narcotic property.  
Castoria assimilates the food, regulates the stomach and bowels, giving healthy and natural sleep.  
Castoria is put up in one-ounce bottles only. It is not sold in bulk.  
Don't allow any one to sell you anything else on the plea or promise that it is "just as good" and "will answer every purpose."

See that you get C-A-S-T-O-R-I-A.

The fac-simile signature of J. C. Watson is on every wrapper.

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Hardware, Tinware, Barbed Wire  
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LEADING HOTEL OF THE CITY.

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J. A. I. WAGNER.

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